

# Fjälltopphelgen

*17-19 april 2026*



## Team Captain's Meeting FJÄLLTOPPLOPPET

Bruksvallarna 2026-04-17



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# Agenda



- Introduction of the OC and the Jury
- Event Program
- Timetable
- Weather Forecast
- Stadium
- Courses
- Ski Test and Warm Up
- Course Preparation and Grooming
- Information from the TD
- Fjälltopploppet 0-16



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# Introduction of the OC & the Jury



- **Chief of Competition:** Mikaela Sundbaum
- **Chief of Competition Ass.:** Lisa Nystedt
- **Competition Secretary:** Cristina Persson
- **Chief of Course:** Jens Wilhelmsson  
Mats Eriksson
- **Chief of Stadium:** Daniel Sköldberg
- **Chief of Timekeeping:** Alfred Andersson (*Elite Timing*)

## Jury:

- **TD:** Ingela Kälvedal
- **TDA:** Gudrun Ekblom
- **Chief of Competition:** Mikaela Sundbaum



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# Event Program



Friday 17/4, free technique  
*100 m Men & Women*  
*Vitamin Well Challenge*

**Saturday 18/4, free technique**  
***Lilla Fjälltopploppet 0-16 years old***  
***31 km M 19-20, M 17-18***  
***31 km W 19-20, W 17-18***  
***35 km W/M 21***

Sunday 19/4, free technique  
*Knallcrossen* down-hill race



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# Timetable



<b>18.00</b>	<b>FRIDAY, the courses close</b>
07.00	Race office opens
08.00	Courses opens for warm up
09.00	The ski stadium closes. Kids events start
11.00	M 19-20      31 km
11.05	M 17-18      31 km
11.10	W 19-20      31 km
11.15	W 17-18      31 km
11.20	M 21          35 km
11.25	W 21          35 km
14:15	Scholarships
~ 14.30	Prize giving ceremony
16.00	Test of Knallcrossen downhill course




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# Weather Forecast



<b>Lördag</b> 18 april  0° / 5° SO \ 1 (8) <b>90%</b> 0,9 – 2,4 05:35 / 20:46 ^							
Dygnet nederbörd räknas från tre 23:00 till lör 23:00.							
Tid kl.	Väder °C	Nederbörd mm	Vind (byvind) m/s	Känns som °C	Luftfuktighet %	Lufttryck hPa	Sikt km
00	1°	0	NO ↙ 1 (1)	1°	79 %	1024	10 – 20
01	0°	0	NO ↙ 0 (2)	0°	79 %	1025	10 – 20
02	0°	0	O ← 0 (1)	0°	80 %	1025	10 – 20
03	0°	0	O ← 1 (1)	0°	82 %	1024	10 – 20
04	0°	0	SO ↘ 0 (1)	0°	84 %	1024	10 – 20
05	0°	0	O ← 1 (1)	0°	86 %	1024	10 – 20
06	0°	0	S ↑ 0 (1)	0°	87 %	1024	10 – 20
07	0°	0	S ↑ 1 (2)	0°	87 %	1024	10 – 20
08	1°	0	S ↑ 1 (3)	1°	84 %	1024	10 – 20
09	2°	0	S ↑ 1 (3)	2°	79 %	1024	10 – 20
10	3°	<b>10%</b> 0,1 – 0,2	S ↑ 1 (3)	3°	76 %	1024	10 – 20
11	5°	<b>10%</b> 0,1 – 0,2	SO \ 2 (5)	3°	73 %	1023	20 – 50
12	5°	<b>20%</b> 0,2 – 0,3	SO \ 3 (6)	3°	72 %	1023	20 – 50
13	5°	<b>30%</b> 0,2 – 0,3	SO \ 2 (6)	3°	69 %	1023	20 – 50
14	5°	<b>40%</b> 0,2 – 0,3	SO \ 3 (7)	2°	68 %	1024	20 – 50



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# Starting Order and Stadium Layout



## Start

- Masstart
- Line up after FIS-ranking, 15 people on each line
- No set tracks at the start
  - 30 meters of double poling - marked line
- Music count down

## Finish

- 3 lanes to finish



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# Start List and Bibs



- **Personal transponders**
- Transponders on the bib for those who don't have personal transponders
- Bibs will be received at the race office from 07.00 Saturday morning
  - Please, don't put any velcro on the bib

Startlists available on website [www.fjalltopploppet.se](http://www.fjalltopploppet.se) and at the Race Office



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# Course



Feeding stations:  
“Vätiska”

Fjällgårdsbanan  
Ramundberget  
- Pay on site

Downhill to  
Ramundberget  
- Be careful



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# Course



- Juniors Men & Women - Course length 31 km
- Seniors Men & Women - Course length 35 km



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# Bonus Sprint

W/M 17-18, W/M 19-20, W/M21



 **BONUS SPRINT**



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# Course Preparation and Grooming



- Natural snow  
(Artificial snow in the bottom at the ski stadium)
- Grooming starts 18:00 with Pisten Bully
- No skiing on race course after Friday at 18.00



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# Ski Test and Warm Up



- Warm up allowed at competition course from 08.00
- Only testing and warm up in competition direction
- “Lilla Fjälltopploppet”, a kids race underway
- The Ski stadium is closed from 09.00



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# Warm Up & Ski Test



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# General Information from the TD

- Overtaking in masstart competitions  
(shared responsibility)
- Respect directions from OC-personnel
- Respect double polling first 30 meters in start
- Be careful in challenging downhill





# Lilla Fjälltopploppet

## *Fjälltopploppet 0-16*



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# Start List



Men 10 kl.	09.00	2,4 km	Everyone
Men 9	09.05	2,4 km	Everyone
Women 10	09.10	2,4 km	Everyone
Women 9	09.15	2,4 km	Everyone
Men 12	09.25	2,9 km	Everyone
Men 11	09.30	2,9 km	Everyone
Women 12	09.35	2,9 km	Everyone
Women 11	09.40	2,9 km	Everyone
Men 14	09.50	4,5 km	Everyone
Men 13	09.55	4,5 km	Everyone
Women 14	10.00	4,5 km	Everyone
Women 13	10.05	4,5 km	Everyone
Men 16	10.15	6,2 km	Top 12
Men 15	10 20	6,2 km	Top 12
Women 16	10.25	6,2 km	Top 12
Women 15	10.30	6,2 km	Top 12
Kids 0-8	11:45	800 meters. No timing.	Everyone

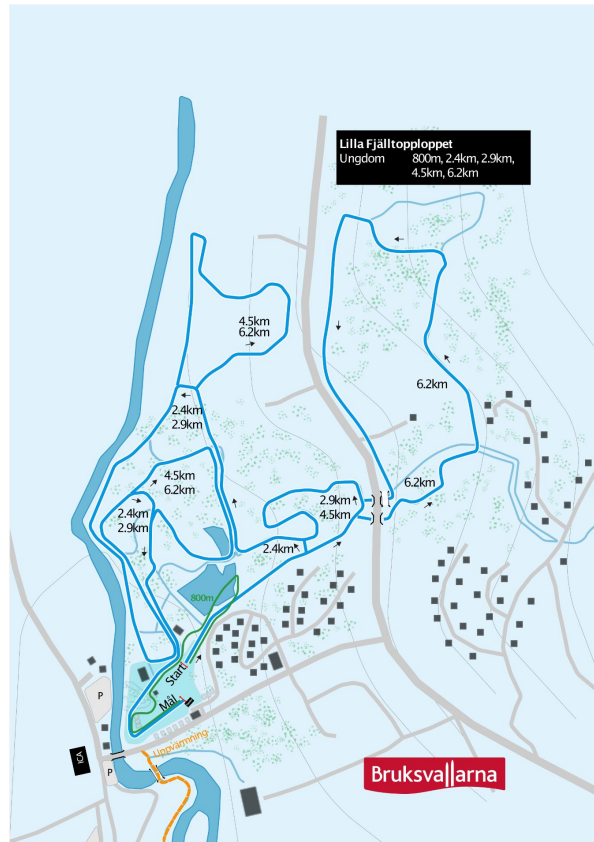
*Kids 0-8 years old start during 5 minutes*



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# Courses



Ski stadium will be closed from 09.00 a clock

The courses are open all day

Ski in right direction



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# Information Lilla Fjälltopploppet



- No seeding, drawn bib numbers
  - Bibs received at the race office from 07.00 Saturday morning
- No set tracks at the start
  - 30 meters of double poling - marked line
- Prices at finish for Kids 0-8 years old and Boys/Girls 9/10



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# Knallcrossen



- Downhill on cross country skis as a prologue, **mandatory helmet**. The first 10 (5 junior/senior) qualify for a ski-cross. M 9-10 and W 9-10, all athletes qualify. Open class and Kids 0-8 only down-hill event.
- Follow signs to start, 20 minutes skiing/walking from Nordic Ski Arena.
- Opportunity to try the course Saturday April 18 at 16.00.



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*Thank you and good luck!*



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